Cold Meats and the Fireless Cooker Called In for Summer Service

Savory Sauces, Special Recipes and four-pound fowl at 45 cents a well chilled, they make ideal sum- bouquet, and when both are tender scrapple. It also makes a very good strip the meat from the hones and salad. Fireless Cooking Put Meats on the Menu for the Warmest Days

By Virginia Carter Lee

small quantity of meat required wheat bread or buttered toast. from the delicatessen, as for the In making the Southern corned

water to be used, while the radiators | platter. are heating, for five or ten minutes.

Special Meat Suggestions

clude more meat than the average family consumes during warm weather and the budgets are not economical ones. They are intendgestions for the use of summer meats, and in nearly every daily overs to furnish another meal.

These menus also possess the ad-

The idea of serving a sauce with \$2.83. it a little chutney, chopped sweet pork for 18 cents; total, \$2.36. pickle, minced spiced peaches or Meat for Fourth of July-One chili sauce, and see what a zest it small pig's head for 80 cents (the

| thoroughly chilled, as this adds

LL summer but especially over much to its flavor and sightliness. the Fourth, cold meat of For the bologna and onion sandsome kind in the house is a wiches purchase half a pound of the boon to the housekeeper. Few com- sausage and have the market man binations taste better than waferlike slice it thin. Remove the outside slices of highly seasoned meat, rind and use two slices with a tabledaintily garnished and served with spoonful of minced young scallions, either a crisp salad or fresh vege- a large leaf of shredded lettuce, tables, like garden peas or green moistened with boiled or mayonnaise dressing, and a teaspoonful of If the family is small it may be chopped gherkins. Use the filling the better plan to purchase the between buttered slices of whole

making of the Southern corned beef beef hash (for three persons) purhash and the sausage sandwichea chase a quarter of a pound of cooked This, although the cooked meat beef and pass it through the meat costs more, does away with all waste grinder. Then turn into a chopping and the bother and heat of cooking. bowl and add twice the quantity of With a "fireless," however, the chopped cooked potatoes, four cooking of certain meat dishes be- minced pickled onions, two tablecomes almost a pastime, as after the spoonfuls of chopped parsley, half a preliminary preparation it literally minced green pepper (freed from takes care of itself. Care should be seeds and membrane) and enough taken when first using any cooker to thick cream to moisten. If the beef note the directions that accompany is quite salt none of this condiment it and observe results carefully. will be required. Let stand in the Many foods that call for vigorous icebox for several hours, as this imcooking from the first are improved proves the flavor, and turn into a by being started on the stove and frying pan holding two tablespoons transferred to the cooker boiling of hot pork fat. Turn the hash raphot, but this is not always necessary. idly until heated through, pat into Soups go in cold, whereas cereals, an oblong form and brown on the for example, should be cooked in the under side. Serve inverted on a hot

The Costs In arranging the budgets it has The four sample menus given for individual one for each meal, and as been deemed more helpful to give an the various varieties of meat are the feature of the week the following quantities and prices, for four per- Pressed Veal

sons, are given in detail: Meats for first day-One-quarter ed, however, to offer practical sug- of a pound of sliced bacon at 48 cents a pound, half a pound of bologna sausage at 65 cents a pound menu there should be sufficient left- and a meaty knuckle of veal for 70

Meats for second day-One-quarvantage of having the main course ter of a pound of cooked ham (for prepared in advance, thus leaving omelet) at 90 cents a pound, four only the vegetables or salad to be lambs' tongues at 15 cents each and cooked or dressed just previous to five pigeons, weighing about five pounds, at 40 cents a pound; total,

a cold meat may be a novelty to the Meats for third day-Three ounces majority of housekeepers, but a tar- of smoked beef at three cents an tare, mustard or horseradish variety ounce, half a pound cooked corned will be found a decided addition. If beef at 75 cents a pound, four you have a little mayonnaise or pounds of round of beef at 45 cents Old Linens, the Dye Pot and Forthwith New Tr will be found a decided addition. If beef at 75 cents a pound, four

aids to the meat. Have it, of course, price of the head may vary) and a

Cheeses, Mousses

Sliced Pork Cheese

Second Day

BREAKFAST (90 cents)

LUNCHEON (\$1.30)

Boiled Lambs' Tongues Tartare Sauce

Thin Bread and Butter

DINNER (\$3.20)

the horseradish, lemon juice,

vinegar, salt and almonds. Mix

thoroughly and add to the

whipped cream, stirring stead-

ily until well blended. Serve

very cold with boiled beef, fried

fish or cold roast of any kind.

This will make from two to

-E. D. R., New York.

Sliced Pineapple
Radishes

Super-Sauce With a Horseradish Tang for Fish and Meat

strip the meat from the bones and salad. chop fine. Season to taste with salt,

This dish is molded in layers and

Fourth of July Suggestions and the Costs of Serving These Heatless but Satisfying Meals

tablespoonfuls of granulated gela- leaves and serve with a tartare tine that has been softened in four sauce to which a spoonful of French tablespoonfuls of cold water. When mustard is added; only a scant half the gelatine is dissolved add the teaspoonful of the prepared condicooked chicken (about four cupfuls) ment will be required. (This is for and set aside. Meanwhile have ready six tongues.) two cupfuls of additional chicken stock and add the same amount of Rub over the cleaned and singed gelatine as for the first mixture. birds with salt and soak for twenty-Cool when dissolved, beat lightly four hours in equal quantities of and fold in one cupful of chilled vinegar and water. Drain and tie a double cream, whipping solid. Mold large slice of bacon around each. the two mixtures in alternate layers | Add to a little of the vinegar and in an ornamental mold and chill on water in which they have soaked the ice. This when unmolded and (one large cupful) one tablespoonful garnished makes the best possible each of cream and flour, bring to the

Ham loaf is an excellent picnic dish and a small quantity of ham a teaspoonful of kitchen bouquet. will go a long way when cooked by this method. Put one pound of raw tender and make a gravy from the ham with the fat through the meat strained liquor in the pan and the grinder and add one cupful of rolled chopped cooked giblets. If served cracker crumbs, one cupful of boil- cold omit the gravy. ing water, two lightly beaten eggs, one-quarter of a teaspoonful each of paprika and mustard and two tablespoonfuls of chopped parsley. This also makes a particularly good sandmay be baked in a slow oven for one, wich filling and a hash basis. Bind hour and a half, or cooked in the a compact piece of the round, weighfireless cooker. If the ham is very ing about four pounds, into a symsalt cook in milk for several hours metrical shape, and fasten securely. before grinding.

Pressed Veal Have the butcher crack a knuckle of yeal and cook in the fireless cooker with a slice of onion, two sprigs of parsley and salt and paprika to taste. When the meat will slip from the bones chop finely and pack in a mold with sliced, hard boiled eggs, capers, bits of parsley and sliced stuffed olives or sweet pickles. Cook Let all simmer for five minutes and half a cupful, add a teaspoonful of Worcestershire sauce and pour slowly over the meat. Let stand until cold, place a weight on top and chill on the ice. Serve, cut in slices

wipe off with a damp cloth. Cover corns and a bay leaf, with stock of

Pigeons a la Venison

main course for a sultry holiday boiling point and pour over the birds. Add also one teaspoonful of sugar, a sliced onion, a strip of lemon peel, half a bay leaf and half Cook in the cooker until they are

> Parisian Beef a la Mode This is one of the best of the cold meats, as the flavor is delicious. It Have ready half a pound of salt pork cut into strips and pour over the following: Put half a pint of vinegar in a saucepan with three or four chopped button onions, one teaspoonful of mixed mustard, half a teaspoonful of grated nutmeg, one tablespoonful of brown sugar, half a teaspoonful of whole cloves, the same of paprika, six allspice and a boil up hard. Let the pork stand in the liquor until cold, remove to a platter, and after straining the liquor add sufficient grated bread

With a thin-bladed knife make incisions in the meat and insert the pork strips with a little of the dress-These are somewhat of a novelty ing. Brown over quickly in hot

crumbs to make a stiff forcemeat.

Time With Luscious Variations

DEAR INSTITUTE:

We have had the roll with choco- beaten egg, three tablespoons milk. the right initial! Think of the luck

I hope this is not too long a letter, but I was really excited over the

For Luncheon and Teal

Blend well one cup of well cooked oatmeal and one cup of milk, add a half teaspoon of salt, one tablespoon each of butter and sugar and enough white flour (mixed with two teaspoons baking powder) to roll. Cut in rounds and bake on a griddle, split, butter and serve hot. These are very nice for luncheon or supper.

BREAKFAST (80 temp)

Raspberries

LUNCHEON (\$1)

Bologna Sausage Onion Sandwiches Iced Tea Rice Compôte with Fruit

DINNER (\$2.40)

tablespoon-2 to 6 drops tar-

fuls of drained ragon vinegar

horseradish 2 egg yolks

8 tablespoon- 1/2 teaspoonful

fuls cream salt 1 teaspoonful 6 blanched

Whip the cream until stiff

and place on ice. Beat the

yolks until lemon colored, add

of lemon juice almonds

fuls cream

Bacon Curls

Dry Cereal
Watercress Sandwiches Buttered Toast

Cream of Pea Soup

Veal
Potato Salad
Pigeons à la Venison
Potato Chips
Parker House Rolls
Strawberry Shortcake

Pigeons à la Venison
Green Peas
Tomato Salad
Loganberry Sherbet

This relish is made from a small very little powdered cloves and half consists of two mixtures. Cook a And Loaves of Well pig's head and the tongue, and it is a cupful of tarragon vinegar. Pack small fowl in the fireless and add a Flavored Meats so delicious that it has been mis- hard into jars, interspersing with few dried celery leaves, a sliced taken for boned turkey. Have the strips of the cooked tongue; put un- onion and three or four sprigs of THESE recipes make one hungry, butcher prepare the head for cookfor thirty-six hours. This may be edible meat and chop, seasoning with chicken bouillon cubes and add two ter, surround with heart lettuce even in black and white print, ing and remove the tongue. Cook sliced cold or cut in slices, dipped in salt and paprika to taste. Prepare and when served in natural colors, in the fireless, adding a small soup egg and bread crumbs and fried like two cupfuls of chicken stock from

paprika, sage, sweet marjoram, a

Chicken Mousse

Menus for Fourth of July

BREAKFAST (90 cents)

Strawberries Dry Cereal
Waffles Cinnamon and Sugar
Coffee

LUNCHEON OR SUPPER (\$1.90)

DINNER (\$3.75)

Fruit Cup

Sliced Pork Cheese Vegetable Salad Blueberry Pic Fru

has a rare affinity for pigs'

feet. Some will want a dash of

cayenne and a little more

horseradish, especially when

served with meats. As given it

is very delicate and particularly

good with tuna or any other

cold fish, however bland in flavor

Cucumber and Green Pepper Canapés
Parisian Beef à la Mode (cold)
Potato Cheese Soufflé Green Corn
Frozen Fruit Salad

Print Cocket Mousse French Fried Potatoes
Corn Pudding Green Salad
Macaroon Ice Cream with Raspberry

Ham Loaf

with potato salad.

Boiled Lambs' Tongues

and they are not expensive. Cut pork fat, transfer to the cooker, add away as much of the waste at the a cupful of chopped carrots, one roots of the tongues as possible and minced white onion, a few pepperwith salted water, add the juice of water in the amount required by one lemon, one small bay leaf, an your cooker. Cook until tender, cool slice of onion stuck with three whole box. Serve cut in waferlike slices cloves. Cook according to directions with a square of tomato jelly on in the fireless cooker until very ten- each.

A Frozen Dessert and a Hot Meat Side by Side in a Fireless Cooker

women do not know how to get the When materials are as costly as best service out of their fireless. It is den backward sweep of tradition. nese coat, and when worn with a they are found to be these days true that almost any cooking except it might not be a bad plan for every deep fat frying can be accomplished one to look over "Aunt Mary's linen in a fireless if intelligently used. At any rate, it was true that in all "Where do you get such mate- chest." In the days when the bare Therefore, in the well equipped "Is it linen? How can you afford and effective background for beau- to a place in the front line. And in the fireless container. After pretiful china and silver, there are summer, a cold stove in the kitchen paring the vegetables as for boiling

the small home town had been ar- appointment, became articulate For the country home a some- Of course, only reputable dyes These are its star rôles, for though water. Add one-quarter teaspoon ranged for with a feeling of tradi- about it all. They declared it was what hopeless scroll pattern with a should be used, but it is interesting it also bakes and roasts well the of salt and one-quarter teaspoon it also bakes and roasts well the of salt and one-quarter teaspoon gain in time and money is necessa- of pepper. Pour the sauce over the rily slight in the shorter operations. meat and vegetables. Heat two A whole meal can be prepared in a radiators over a gas flame for about two compartment cooker, as, for ex- ten minutes (test as for a flatiron), ample, a round steak cooked with using one radiator above and one After it was all talked over, for- however modern the design, could cess is to attend the process. Particu-

> Or a roast could be put in one compartment, while two vegetables pillows made from two dozen nap- That linens should be handed and a small steamed pudding are The pudding is put into a baking

custom. Designs, at best, have a long time. The important point is bine the two. Fold into this the A luncheon set at the summer limited mission in the world of table to select meats and vegetables that peaches. Pack in a container which, Some way the experiment did not cottage consisted of ecru-colored linens and wear out their welcome may be left in the cooker the same if small enough, might be placed in cup of chopped raisins. Beat well, "Perhaps you won't like the deseem to be one in her hands. There pottery plates and cups with a few as generation gives way to generation gives given given gives given given gives given given given gives given g

rounded meal, equal or excel the freezing.

and give a maximum saving of

Panned Steak With Vegetables

6 medium potatoes 6 small carrots 3 small onions

1 cup brown sauce

place them around the steak. Make

Serve with the vegetables surrounding the meat and garnish with crisp watercress and radishes.

Peach Moures 2 cups peach pulp and juice

1 cup sugar 2 cups double cream

2 egg whites

Press them, after peeling and seeding, through a ricer. Stir the sugar

That Chocolate Roll Again! This

I thought you'd like to know that cake with it. one of your readers took her courage in her hands and adventured on the roll! I always carefully read the chocolate roll. The finished product Institute, and not a week passes that exceeded her widest expectations: I do not get a most valuable suga delicious fluffy roll which fairly gestion from its pages. I remain, "melted in the mouth." Since my dear Institute, faithfully yours.—V. first attempt I have served it to an K., Long Island, N. Y. appreciative family in the following

The fluff was made as directed by the Institute, and rolled up with stiffly whipped cream, flavored with strawberry and having finely sliced THESE recipes offer two most apstrawberries mixed lightly through the cream. The roll was then cov- or rolled oats in summer. They ered with soft, white icing flavored make admirable dainties for the with strawberry. This I served with children instead of sweet cakes, and iced strawberry punch.

My next adventure was considered likes. a masterpiece by the club members to whom I served it. The roll was made as formerly and spread with the cream flavored with a layer of finely cut pistachio nuts before rolling. This was placed in the icebox for eight hours, then decorated with whipped coffee cream in long lines down its length, using a pastry tube, to resemble the rough bark of a tree. Cn top of this I made a trailing spray of green ivy leaves cut from angelica and pistachio nuts and at one end placed two small green birds, such as can be purchased at any fancy confectioner's shop.

late icing, and we have had it filled one-fourth teaspoon soda, a grating of that," chimed in Eleanor, whose with cream flavored with cinnamon, of nutmeg and a small pinch of cincut in thin slices and used to line a namon, one cup of rolled oats, a pricks that went with the courtless mold, the center being filled with scant cup of flour, and one-fourth stitches of her trousseau.

remember we usually had sponge

Crisp Oatmeal Dainties

petizing ways of using oatmeal have a nutty flavor that every one

Oatmeal Scones

Oatmeal Drop Cookies

Cream together one-fourth cup too," Dorcas added, "for Aunt Mary each of butter and lard (any nice bought linens each year, no matter shortening may be used) and one- what she had. It was a mania." half cup of sugar. Add one well

been stored for some three years the lid was lifted. while the family that had centered about her for so many years scattered to various parts of the country and settled again.

The three girls had fitted up a charming apartment in the city that had long been a dream to them and a small summer place had been found on the seashere for the summer months. And then Eleanor, the youngest of them, whose interest in domestic science had been more genuine than faddish, had discovered a romance that quite came up to her young ideals, and was to be married.

Anticipation

Of course, Aunt Mary's linen chest must be sent for and its treasures brought to light again for the new bride. Its safe transference from fied its gentle owner.

the division of these treasures by the three girls to whom they had been lected carefully and cared for lovingly for forty-odd years. "Linens are like bank notes these

such quality in the shops now would gowns a thing of wonder and her mean an endless search." "There will be plenty for all of ur,

"And already monogrammed with

cedar chest and inside lay the linens club costume, for it looked like of waffles and honey and amher inch piece of stick cinnamon and a and place under a weight in the ice T WAS when Aunt Mary's linen all wrapped in "sets" as Aunt Mary satin, but, better than satin, it coffee. chest was divided among her had loved to keep them. The huge would launder perfectly. three nieces that the inspiration bows of satin ribbor that now adorn came into being. The estate had the modern "dozens" were lacking, china a set of pale green Sedji

Realization

Somehow there is almost invariably a definite disappointment when the outer leaves in the china." old family treasures are unearthed.

luncheon sets and napkins there were practically none that pleased it?" the bride-to-be, except the plain, heavy damask, which gleamed softly

purity of pattern. sisters, who shared the bride's dis- elect.

ward and backward, Aline came for. possibly be. ward with the idea which has since days," Aline had said, "and to find made her famous, made her summer dining table a vision of delight.

Vision

we will help her-but wait."

Third Day

BREAKFAST (85 cents)

Orange and Grape Juice Creamed Chipped Beef Blueberry Muffins Coffee

LUNCHEON (\$1.12)

Southern Corned Beef Hash Lettuce Salad Red Raspberries Cookle

DINNER (\$3.15)

delicious, blended sauce, which

will cost about 30 cents. In this

small amount the almonds are

too delicate to be distinguished

and they could be omitted with-

out hurting the flavor. To

double the amount might be

All men are devoted to horse-

radish sauces. You can dress

deemed an improvement.

Eleanor had for her breakfast been divided in the usual legal man- but there was a real odor of laven- ware, and for this Aline dyed a ner and the household effects had der, sweet scented and genuine, as florid oak leaf pattern a pale lemon

"Just like the heart of lettuce, my dear," she said, "with the green of

A water lily pattern with a defi-Modern ideas, perhaps, are too well nite border pattern was dyed a salin the foreground to allow the sud- mon orange and made into a Chi-

every one who saw it. the several dozens of tablecloths, rials?" they were constantly asked. table still holds its own as a proper kitchen it has proved its right

"It looks like satin brocade!" and smoothly, without a seroll, a pattern, so much in vogue in the

the day bed and was piled high with some of the brilliancy of the shade.

The recipe for Hamburg cream drop on tins, allowing room to signs, girls," warned Aline. "Some were friends, it is true, who were roughly made dishes done by Spantion and vogue to vogue. The recipe for Hamburg cream utop of this, anothing the same time as the roll spread, and bake in a moderately of the tablecloths were highly florid, outraged by what seemed sacrilege ish peasants, and for this a luncheon So look into your linen closets for Let the fireless twins do your ice and salt. Use four parts ice to is an old friend of mine. I know Lot oven (375 degrees). I have subyou remember. And there were when she dyed a table cloth of twocloth was dyed a dull orange, with these derelicts of another age-or summer cooking! that it is good, for I have made it stituted coffee for the milk and years when checks and huge leaf deinch striped linen a deep purple tea napkins to go with it, which this—and transform them into fabmany times. The recipe was given me by an old colored woman who made it on "warm days". I results F. T. E.

The recipe was given them into fabmousse may be placed in the fireless and made a sport skirt out of it to proved quite the most successful rics that will brighten your table and surrounded by ice and salt.

The following recipes are shinmousse may be placed in the fireless wear with a lavender silk sweater.

There was a huge hammered brass wear with a lavender silk sweater.

It made a most beautiful country for their famous sarshore luncheans. key that went with the brass-bound It made a most beautiful country for their famous seashore luncheons time,

Wrapped in a Tablecloth

Quite the loveliest coat in the world was made for a friend who was setting out in a jade green motor to tour the Lincoln Highway. A cloth that had seemed hopelessly "spralled" with a round design of crocuses and bordered shamelessly was dyed the color of the car- ALTHOUGH fireless cookery has quality obtained from the stove, jade green-and proved to be a

most appreciated farewell gift. surely many old linens of superb is in itself a distinct advantage!

was spoiled by "sprawly designs." used with Canton china, making made in America are much more An afternoon was set apart for They could not understand why the table a thing of unique deco- beautiful and of better value than Aunt Mary had loved so much the rative quality. Napkins were dyed they have ever been before. All highly decorative borders, the broad to match, and the entire set was are sold with full directions, which left-treasures that had been col- stripes and the checkerboard effects. more talked of than any white linen, should be followed in detail if suc-A long "checkerboard" table cloth the sun will fade the colors rapidly, was dyed a pale lose heliotrope for and each washing will take away

> "We will dye them," she an- kins that went with it. The nap- down from generation to generation cooked in a triple nest in the other. nounced. "I have been dyeing every- kins, being of two sizes, were dyed is a tradition that came over with thing at art school for the past win- in various tones of the same color, the Pilgrim mothers, but let these powder tin and surrounded by ter, and I understand dyes. These and the whole effect, shimmering traditional linens be the plain and water. designs will be changed by color to softly, as old linen shimmers, made heavy damasks that are always The vegetables chosen might be things of beauty—just you wait. a most beautiful corner for the perfect whatever the century or onions and beets, which require a til stiff, also the egg white, and com-

ceased to be a novelty, many time, heat and money: 2 pounds round steak

A small table cloth in a checked quality folded away and out of use. Some foods, such as soup, tough the sauce by browning three table-These linens, with the simple aid meat or fowl and cereal, are im- spoonfuls of flour in a dry hot spider water lily or an oak leaf to mar its '90s, was dyed a rose pink and of the many good dyes to be had, proved by this long, slow cooking. (stir to prevent burning), then addmade into a luscious house gown can be fashioned into fabrics that And a boiled ham, corned beef and ing to this two tablespoonfuls of And it is also true that the two with huge pockets for the bride- will make the summer wardrobe a baked beans are "long time" opera- bubbling hot fat. When well blend-

larly is this true of the boiling proc- a mousse frozen in the other. This, Perhaps the greatest achievement ess, which always seems intermiwas to be found in the bride's room. nable. If not boiled long enough and canned soup, can be easily and quickly prepared.

Use only well ripened peaches.

one part salt. Or the mold of